Soap Updates by Seli Groves

ALL MY CHILDREN: Natalie grieved Angie's warnings about dating Trevor. Angie was puzzled by Natalie's behavior when she returned from her date. Dixie told Tad their honeymoon was perfect, but she missed her son. Jeremy told Skye she was beautiful and he wanted to do a portrait of her. He also spoke with her about her breaking her she missed her son. Jeremy told Skye she was beautiful and he wanted to do a portrait of her. He problem. Skye saw her stolen necklace on Laszlo. **Wait To See:** Trevor finds himself more of a "threat" to Zach than he realized.

ANOTHER WORLD: Rachel said goodbye to family and friends, as Mitch fretted about her safety. Iris insisted she'll take over Rachel's place. Jake stirred caught Michael being wired for a meeting with Lucas. Evan and Amanda raced to get "sophisticated" out on time, and Iris agreed to use Vicky's story on single motherhood in place of a missing article. Mitch discovered where Rachel was staying and showed up at her motel. Sharlene was shocked to find a fur coat delivered to her — and was further shocked when Frankie discovered Sharlene herself had paid for it. **Wait To See:** Sam and Amanda get closer in a reconciliation, while Felicia makes some upsetting discoveries.

AS THE WORLD TURNS: Philip learned Marjorie and the children were not in Rome. Emily escaped a jail sentence after Paul explained she lied to protect him. Lily got Sean to cancel a date with Frannie in order to teach her about the business. Frank, Marjorie's father, killed himself after Philip blamed him for her defection. Andy found Julie's note telling him she's left town. **Wait To See:** Liam's weird fears about Andy could be coming true.

BOLD & THE BEAUTIFUL: Eric thought about Beth and called to ask if he could come over to see the Logans. Ridge told Eric he's certain he'll be married in a week. Brooke got a message that a Mr. Forrester called about plans for that night and was disappointed when Thorne explained Mr. Forrester was him, not Ridge. Stephanie wondered about Sally's belief in prayer, thinking she'll soon need all the help she can get. Clarke told Kristen their marriage was destined to fail because she never got over Mick. **Wait To See:** Everyone has a story to tell, and reactions follow quickly.

DALLAS: Jenna learned how difficult it could be being the honorable person in the middle of a dishonorable situation. A surprised confidante heard Michelle's incriminating evidences against McKay Lucy and Cally's decision to show Cally's works brought it an unexpected complication. **Wait To See:** Some of J.R.'s allies have their own agenda.

DAYS OF OUR LIVES: Peach knew Kiriakis had Kayla, but couldn't prove it. Cal maneuvered Kimberly into shooting Shane and then removed any link to him. Bell deemed Kimberly the shooting as an accident, but Abe began investigating, and found damaging gunshooting evidence. Jack reassured the panicked Isabella they'll keep Kiriakis off her trail. Isabella offered to use her relationship with Victor to find Kayla, and turned up at his house, much to his surprise. **Wait To See:** A crisis threatens Kayla's life.

FALCON CREST: Angela's life continued to hang in the balance while Richard finalized some plans he felt might lead to a showdown with Sharpe. Charley St. James' presence" remained strong. **Wait To See:** Richard and Michael face off.

GENERAL HOSPITAL: Taigeness's prediction that Robert would die at the end of a year at the hands of a blonde seemed to have come true as he collapsed from the effects of the poison-laced shaving lotion. Later, he confided to Kate he would pretend to be dead so he can go undercover. Alan told Scott to investigate Ned's link to Wilson, but to keep Monica's name out of it. Jimmy thought he'd burned the incriminating tape with David's confession on it, but it was safe in a pail near the fireplace. **Wait To See:** As Duke gets closer to home, Julian gets closer to Anna.

GENERATIONS: Jessica resented Jr. her way Rob comforted Sam as Monique lay in a coma. Jacco spoke to her and she came to, mouthing his name Martin and Joel were shocked after Mr. Lee handed Martin a tax bill for nearly $1 million. Sam told Helen she was Rebecca's daughter. Rob handed Jason a check for what was left of his $60 million inheritance. **Wait To See:** Doreen realizes Martin's plan to escape his creditors could backfire on both of them.

GUIDING LIGHT: In Saudi Arabia, Josh and Billy arrived to find Alex and Roger already there. Dylan saved the baby from the fire and Harley administered artificial respiration. Billy's nervous behavior and Spaulding won the oil deal by default. Lillian refused to allow Bradley to come near Beth, who got hysterical and claimed he attacked her again. While Alan Michael and Blake hid in a closet, Harley and Dylan snuck into his apartment to find the perpetual agreement. **Wait To See:** Roger and Alex have a surprise waiting for them.

KNOTS LANDING: Linda's plans to divorce Eric could create a crisis. Karen and Mack were shocked by their "surprise" visitor's purpose in coming to the party. **Wait To See:** Val begins to feel torn by her love for Danny and a growing sense of uneasiness.

LOVING: Gwyn and Trisha tried to work out their differences. Trucker was nervous about attending the Alden dinner with Trisha, but she insisted he give her father Clay a second chance. Rocky worked as an intern at the hospital where Jeff had been taken. Ava got hold of a video tape of Gwyn and Jeff. **Wait To See:** Jeff proves you can't take anything for granted these days.

ONE LIFE TO LIVE: Max lay wounded. In Gatorville, Jessie while Roger tended to his injuries as Cord and Viki tried to disarm the explosives in the warehouse. After breaking through the door, they found Al who rushed to be with Gabrielle and Max as Max collapsed. Prince Roland and his mistress, Helga checked out photos of Sarah that were taken by their henchman, Sebastian. Raymond had an idea of who the man who was over his onyx ring at the Flagg House. Tina tried to capture Ambrose and Serena in compromise and was saved by Cord. **Wait To See:** Clint becomes more certain that he's lost Viki to Roger, and Julia continues to "be there" for him.

SANTA BARBARA: Augusta told Sally to give Mason another chance. Kelly insisted she wanted to be Robert's vice president on a strictly business basis. Robert signed hard Capwell to C.C. who said the Capwells' boss would not be normal until Robert left town. Robert maintained Kelly still loved him, and there's nothing C.C. can do about it. Seeking sympathy, Laura told Ethan she nearly killed herself the night she killed Leo. **Wait To See:** Robert worries about how much Kelly is learning.

YOUNG & THE RESTLESS: Clint, Robert, and Shirley panicked when Esther arrived just as they were going to chloroform Kay and replace her with Mary Sue and then wound up chloroforming both women. Adrian was worried over Christina's curious behavior, not aware that Paul and Carl were "gaslighting" her. Salena agreed to fax Carl the photographic evidence from the Rancho trial. **Wait To See:** Marge faces the crucial "test" with Rex.

Popeye

DEAR DEX
by Dexter Dyer

DEAR DEX:

We wanted to share our joy with everyone. Our seven-year old daughter needed an operation that we just couldn't afford, and with the help of the kind people out there, our most joyous gift of all came true over this holiday season. With the donations from strangers who cared enough when they heard of our situation and the doctors agreeing to cut the cost of the operation, our daughter was hospitalized on Christmas day and had her operation, which was a matter of life and death for her. She pulled through with flying colors and is coming home to us soon. I don't previously lost hope in the faith and the good will of others, and now I have restored my faith in that once again. Our daughter was spared her life from the help of strangers, and I just wanted to say thank you to all who helped us. I hope that during this year and throughout the years ahead, we all can pull together and help one another and make this world a better place in which to live.

FOREVER GRATEFUL

DEAR GRATEFUL:

Unfortunately, when we watch the news on television or read the papers, we are inundated with the evil perpetrated upon people by their fellow human beings. Thus, it is easy for us to become cynical and lose our faith in each other. However, as you have discovered, there are more good people than bad, and good really does triumph over evil, no matter how difficult. I truly believe in the overall goodness of people, and I pity those who have lost the ability to trust and believe.

I am sure I am not alone in wishing you and your family continued happiness and health. Also, a heartfelt thanks to all those who helped make this little girl well. I'm sure you will be well and truly blessed.

DEAR DIANE
by Diane Van Arsdale

DEAR DIANE:

I'm a mother of two children, ages eight and 13. The older one is going through some changes. I've tried to make adjustments for him, but they never seem to be enough. My husband and I have been divorced for almost a year now, and I'm in the middle of a second divorce, my older son's support will be handled. I can't seem to keep him in school, and if he is there, he's always in trouble. He's destructive at home and He's destructive at home and very hard to discipline. I've spoken to my ex-husband about it, and he's had a talk with our son, but it hasn't helped. I work and have the house to maintain, and my other son to raise, also. I'm at wit's end with what I can do about this situation. I've considered sending him to a considered school where private boarding school where these people are qualified and conditioned to deal with children of this kind. I want to straighten him out now, before it's too late. I don't want him to think I don't love him or care for him, but I just can't handle him anymore. What would you think about such a decision?

UPSET

DEAR UPSET:

I personally don't think sending him away is the best idea. In fact, I think his behavior could worsen rather than improve. Once he's out from under your thumb, so to speak, he may really cut loose.

I think the best solution is family counseling. He is at a very rough age, and he is also probably suffering as a result of the divorce. His misbehavior may be a ploy for attention. Even though that attention is negative, it may not really matter to him. At least, he is being noticed. Please, seek help from a qualified therapist on this. Good luck.

Paint & Household
by Bob D'Angelo

Q. I have hot water baseboard heat. My copper pipes are in the three-foot crawl space under the house. Whenever the heating is running, the pipes that are farthest from the furnace are very noisy. How can I eliminate this banging? M.B., Toms River, N.J.

A. Once again, Bob Dahringer of the Locust Valley Water District has come to our aid. There are two possible reasons for the banging pipes, and fortunately, none of them is too difficult to be easily corrected. The first possibility could result from air in the lines. The remedy here would be to bleed the pipes. There should be a small valve or pet cock that will allow the air to escape when you turn it open. Allow sheld a cupful of water to flow before closing.

The second solution is like chicken soup. If it doesn't help, it won't hurt. The pipes under the crawl space may be loose from the hangers, and the vibration could be contributing to the problem. You can purchase foam rubber pipe wrap that will absorb the vibration. Wrap these pipes even if plan A works. With pipes as small as crawl space, there's a tendency for them to freeze faster than others, and the foam wrap will insulate them from the cold.

Q. I own a lovely solid wood breakfront set, which unfortunately spent a long time in the basement and became full of mold. Although I've replaced the entire backing and washed down the inside and outside with a solution of ammonia and vinegar, the odor is still overpowering and precludes the use of the breakfront. Can you suggest a solution to this problem? It is a pity that such a useful piece should go to waste. L.D., Lakewood, N.J.

A. I asked my friend, Jerry Juers, down at Benjamin Moore Service in Oyster Bay, N.Y., to help me out with this problem. He recommends a product called odor eliminator by Rig Dr. We read the label, and it claimed to eliminate odors from rugs and upholstery, but no mention of furniture. I looked for a toll-free number to call, but there was none. Jerry said he has had problems on toilet tissue, but none on this product. Plus Sol was also recommended to eliminate the odor of a wood preserver on outdoor furniture. Perhaps it will work for you.

Sports Quiz
by Allan Ornstein

1. What was the nickname of the 1922-25 backfield of the Notre Dame Fightin' Irish?

2. What was the first football players who made up this famous 1922-25 backfield of Notre Dame?

3. What was the original team name of the New York Jets?

4. What was the original name of the New York Yankees before they changed their name in 1913?

5. Name three Hall of Famers who played on the New York Yankees 1927 lineup called "Murderers Row."

6. What was the Milwaukee Braves original name in 1901?

7. Name the current NFL football team to have an 0-4 record in Super Bowl play.

8. Who surrendered Roger Maris' all-time home run in 1961 (a major league record)?

Sports Quiz Answers

1. "The Four Horsemen of Notre Dame". 2. Harry Stuhldreher (QB), Don Miller (HB), Jim Crowley (HB), Elmer Layden (FB). 3. New York Titans. 4. New York Highlanders; 5. Babe Ruth, Lou Gehrig and Earle Combs; 6. Seattle Pilots; 7. Minnesota Vikings; 8. Tracy Stallard of the Boston Red Sox

Top 10 Singles

1 **New Kids On The Block** "This One's For The Children," (Columbia) Last Week: No. 2

2. **Michael Bolton** "How Am I Supposed To Live Without You," (Columbia) No. 3

3. **Jody Watley** "Everything," (MCA) No. 4

4. **Jive Bunny & The Mastermixers** "Swing The Mood," (Music Factory/Atco) No. 5

5. **Tchenotronic/Felly** "Pump The Jam," (SBK) No. 11

6. **Lou Gramm** "Just Between You And Me," (Atlantic) No. 6

7. **Madonna** "Oh Father," (Sire/Warner) No. 7

8. **Tom Petty** "Free Fallin'," (MCA) No. 8

9. **Rolling Stones** "Rock And Hard Place," (Columbia) No. 9

10. **Seduction** "Two To Make It Right," (Vendetta A&M) No. 10

This Week In History

On Jan. 13, 1915, a massive earthquake registering 7.5 on the Richter scale hit Avezzano, Italy, killing 29,980 people ... **Jan. 9, 1964,** Panama suspended relations with the U.S. after riots ... **Jan. 11-13, 1973,** five of seven defendants in the Watergate break-in trial pleaded guilty ... **Jan. 13, 1977**, a Russian Antonov-12 was airlifted exploded and crashed at Alma-Ata, Central Asia, killing 90 people ... **Aug. 8, 1984**, the 10-year lawsuit between AT&T by the Justice Department was settled. AT&T gave up 22 Bell System companies, but was allowed to expand into previously prohibited areas such as data processing, telephone and computer equipment sales, and computer communication devices ... **Jan. 8, 1986**, President Ronald Reagan froze all Libyan government assets in the U.S., and in U.S. bank branches abroad. This was in the wake of the December bombings at airports in Rome and Vienna.

Trivia Test
by Linda Lucchesi

1. **Capitals:** What is the state capital of Virginia?

2. **States:** Name four states that border Texas.

3. **Nations:** What is the capital of Turkmenistan?

4. **Geography:** Name six nations that border Libya.

5. **Airlines:** What airline group owns the now-defunct People Express airline?

6. **Movies:** Name the 1951 film for which Helen Hayes won an Oscar.

Hint: this movie was also her first "flop."

7. **Weather:** What U.S. state receives the greatest amount of yearly rainfall?

8. **University:** Name the first university founded in the United States.

9. **Islands:** What is the world's largest island?

10. **Music:** Who recorded the January, 1972, number one hit single, "American Pie"?

Trivia Test Answers

1. Richmond; 2. Louisiana, Arkansas, Oklahoma and New Mexico; 3. Ashgabat; 4. Tunisia, Algeria, Niger, Chad, Sudan and Egypt; 5. Texas Air, which owns Continental and Eastern; 6. "The Sin Of Madelon Claudet"; 7. Hawaii, 8. Harvard in 1636; 9. Greenland, which is a province of Denmark; 10. Don McLean

Top C&W Singles

1. **Clint Black** "Nobody's Home," (RCA) Last Week: No. 2

2. **Judds** "One Man Woman," (Curb/RCA) No. 5

3. **Ricky Van Shelton** "Statue Of A Fool," (Columbia/CBS) No. 6

4. **Alabama** "Southern Star," (RCA) No. 1

5. **George Strait** "Overnight Success," (MCA) No. 8

6. **Kathy Mattea** "Where've You Been," (Mercury) No. 9

7. **Skip Ewing** "It's You Again," (MCA) No. 10

8. **Eddie Rabbitt** "On Second Thought," (Universal) No. 11

9. **The Forester Sisters** "Leave It Alone," (Warner) No. 16

10. **The Oak Ridge Boys** "No Matter How High," (MCA) No. 30

YOUR HOROSCOPE
by Charles King Cooper

WEEKLY TIP: Keep yourself mentally occupied to avoid a tendency to start daydreaming.

ARIES (March 21 to April 19) You've been using that famous Arian intellect much, too much lately. Remember that you have a tendency to move rather slowly, so try to tone up. This is not the time to insist on getting your own way. You need to bend more.

TAURUS (April 20 to May 20) You're planning some very special, romantic activities, but take care not to be too extravagant. Although you would love to wallow in the lap of luxury, now is not the time. A family member is giving you cause for worry but all will work out.

GEMINI (May 21 to June 20) You're not likely to get the support you need right now because you've been too indecisive about where you stand. Listen to co-workers' advice and you will find the answers. Use practicality in planning future career goals.

MOON CHILDREN (June 21 to July 22) Your temper has been flaring lately, but that's no excuse to lash out at others irrationally. Words you say now won't easily be forgotten. If you must express your anger remember to direct it toward the action, and not the person.

LEO (July 23 to August 22) True to your nature, you are having trouble committing yourself to that new venture which could bring you additional revenue. However, take the time you need and don't be forced into making any hasty decisions.

VIRGO (August 23 to September 22) Tip up all those loose ends from last week or you might find yourself getting entangled in them. You will have a propensity toward lethargy this week, but shake yourself out of it and get going. Others will be motivated by your energy.

LIBRA (September 23 to October 22) You won't find yourself as motivated to accomplish tasks this week as you should be. Since you have some very specific goals in mind, utilize some extra discipline with yourself and get going. Remember to take some more at a time.

SCORPIO (October 23 November 21) You have a strong urge to trip the light fantastic this week, but try to resist, or at least exercise moderation. Excess partying will only drain your energies and could result in illness. If you want to socialize, consider doing some entertaining at home.

SAGITTARIUS (November 22 to December 21) Don't expect too much from others this week as they will not be able to live up to their commitments. Take it in stride, since this phase passes quickly. You have a malleable nature which will stand you in good stead right now.

CAPRICORN (December 22 to January 19) You've been thrown some curves lately and don't know how to deal with them. Tie add to that, you've been worrying far too much. Try to be less anxious and you will be able to return to your efficient self. Spend more time with loved ones.

AQUARIUS (January 20 to February 18) You are suffering from the delusion that you will impress others with your big spending ways. Continue to do this and you will find yourself more deeply in debt than you can handle. Go over finances realistically and cut expenses.

PISCES (February 19 to March 20) You're wearing thin on patience because things aren't getting done as quickly as you'd like. Remember that you have a tendency to move rather slowly, so try to ease up. This is not the time to insist on getting your own way. You need to bend more.

IF BORN THIS WEEK, you do better on your own than in a partnership. You have the ability to find good mileage out of your creative gifts. Do something practical with your talents and don't rest on your laurels.

Home hints

LARGE BATCH — When I make a batch of chocolate chip cookies, I usually double the recipe. I've found that this would take a long time, but I found a way that has proven to be time-saving.

I use a large melon ball maker to scoop the dough into balls for the cookie sheets. All the cookies come out the same size, and I can bake them in shorter time. Also, I find that making cleanup the easiest yet! Jenny T., Louisville, Ky.

VIDEO ESCAPADES — My mother recently had to spend several weeks in the hospital. My brother-in-law and the hospital rules didn't allow them to visit their beloved grandmother because of their young age. My mom also missed them terribly.

I came up with a great idea. I borrowed a friend's video camera and proceeded to tape the children playing and then talking to Granny. They even went as far as to tell her stories and sang songs. They drew pictures and cards for her and then held them up to the camera.

We then took the tape to the hospital and Mother loved it. She even got a bit weepy! Kate P., Ft. Worth, Texas

BOTTLE BRUSH — I found a 12-inch bottle brush to be an ideal cleaning tool for the list trap in my kitchen sink. The brush's slightly curved end also may be used to clear lint from under or surrounding the trap. Using it has also saved many a fingernail. Jennifer Engstrand, Lake E., Garland, Texas

FLOPPY DISKS — We live in an area which remains warm all year long. As a result, we have to be very careful when transporting floppy disks and make sure they are stored under the cover. This type of heat can damage warpage and other problems, so place them in an insulated case such as a sandwich cooler to protect them. Joseph Y., McAllen, Texas

Share your special Home Hint with readers, and send it to: Diane Eckert, King Features Weekly Service, 235 East 45th Street, New York, N.Y. 10017.

For a free copy of "Guidelines for Greater Enjoyment of an Active Life," write American Physical Therapy Association, Public Relations, 1111 N. Fairfax Street, Alexandria, Va., 22314.

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Antiques and Collecting
by Ralph & Terry Kovel

WHAT A DOLL

Madame Alexander is a name well known to doll collectors. Beatrice Alexander has made and sold dolls for 66 years. With her three sisters she founded the Alexander Doll Company, and they were soon joined by Beatrice's husband, Philip Behrman. The first dolls were rag dolls with hand-painted mask-type faces and pressed features. Composition doll heads were used from 1930 to 1948 and plastic was used by the 1940s. Dolls were tagged with the name "Madame Alexander." The company is still making dolls although Beatrice (Madame Alexander) recently sold it. Collectors search for old or new Madame Alexander dolls, but the old are usually more valuable.

Q. I collect coffee containers, and some have paper labels. The paper seems to be cracking and almost tearing on some of the tins. Is there any way to preserve the paper?

A. There is very little that you can do. Sometimes a bit of glue at an edge will help, but be sure to use a glue that can be removed and will not eventually stain. Rice starch paste is recommended for paper, but may not stick to the tin. You could wrap the entire can in a plastic wrap, but if the coffee cans are stored in a damp area, it may cause mold damage. We have had the same problem and have not found a satisfactory solution. We welcome comments from any reader who can help.

Q. I just found some old glass slides labeled "Ynes sob vere pour le stereoscope a projection. Levey et ses Fils, Photographes-Editeurs, 44, Rue Letellier, Paris." When were they made?

A. Double glass slides for use in stereoscopes were made from the 1850s to about 1920. When viewed, two pictures had a three-dimensional look. Levy worked in the 1860s and 1870s. Some of their slides were made for use in a hand viewer, but most were made for a stereoscopic projector. The slides were viewed by an audience, perhaps at a lecture.

TIP: If you wear antique jewelry, check the clasp settings to be sure the prongs are not worn or loose. It is cheaper to be careful than to replace lost stones.

King Crossword

ACROSS
1. Large quantity
5. Attire
9. Dialect
11. Strange language
12. U.S. State Dept. slang
14. Operatic selection
15. Spanish queen
16. — premium (scarce)
19. Vessel; passageway
21. Infection
23. Kind of tea
24. Go (jump ship)
28. Despatch
30. Eternally
31. Lists of candidates
34. Pro vote
35. Plight
36. — spirit
38. Army man
39. Goose genus
44. Follow
45. Abound
46. Appointment
DOWN
1. Moroccan mountain range
2. Commotion
3. Small fruit
4. Ciceronian attire
5. Intellect
6. Step in
7. Excruciation
8. City in Italia
10. "— Breckinridge"
11. Detest
13. Soft drink
17. Harlan Fiske Jr. backslide
18. Wise
25. Coup d'—
27. Fix
29. School for priests (abbr.)
40. Botanist Gray
41. Kook
42. Golf gadget

SENIOR SERVICE LINE

Make Your Wishes Known
by Matilda Charles

RIGHT TO DIE? The Supreme Court has agreed to hear a case involving a couple whose daughter was injured several years ago and remains in a vegetative state, kept alive with a tube in her stomach through which she's given food and water. Her parents feel that since the possibility that she may ever recover is so small, she should have the "right to die" by having that tube taken out of her body and cutting off her food and water. (If that's the decision ultimately, I would hope they give her medication so she doesn't feel the effects of dehydration.)

Her parents have said their daughter was an active, young woman with a great zest for living, who would not want to exist as she is now. The Court could find in favor of the parents, or they might decide that since the young woman never made her feelings known legally (for example, a living will, or a statement made in front of unbiased witnesses), no one can presume what her intentions really were.

This tragedy reminds us of the importance of making our wishes known about medical care should we suffer irreversible brain damage or become incapable of surviving without extraordinary measures. As so many of you have said to me, don't delay a decision that may have to be by someone who can never really be sure she or he acted in your best interest. Take control of your life to the utmost, while you can.

THE GRANDPARENT "GROAN AND BEAR IT" SYNDROME

Playing with grandchildren or young nieces and nephews is great fun. However, doctors have found that there's an immediate increase in the number of back and joint injuries following a long holiday season when the kids and their elders have gone through the gamut of physical activity. To avoid overdoing it and the same syndrome the next time you're with the kids, the American Physical Therapy Association suggests the following: Avoid sitting on the floor for prolonged periods, which can be stressful on the vertebrae. Don't lug heavy objects on an eye-to-eye raised surface so you can sit or stand comfortably. Leave the "piggy back" and "horsey" rides for the real rocking horses and riding toys.

The APTA also suggests the following stretch exercise three times up, exercises: (OF COURSE, CHECK WITH YOUR DOCTOR BEFORE UNDERTAKING ANY EXERCISE PROGRAM.)

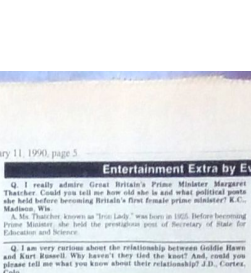
1 Arch and flex your back: 2 Turn your head side to side. 3. Stand, march in place by slowing raising each knee as high as possible: 4. Feet apart, hands on hips, gently rotate upper body. 5. Take short walks. Repeat each exercise three times.

Entertainment Extra by Evelyn

Q. I really admire Great Britain's Prime Minister Margaret Thatcher. Could you tell me how old she is and what political posts she held before becoming Britain's first female prime minister? R.C., Madison, Wis.

A. Ms. Thatcher, known as "Iron Lady," was born in 1925. Before becoming Prime Minister, she held the prestigious post of Secretary of State for Education and Science.

Q. I am very curious about the relationship between Goldie Hawn and Kurt Russell. Why haven't they tied the knot? And, could you please tell me what you know about their relationship? J.D., Cortez, Colo.



A. Both Russell and Hawn have been happily living together for years and even the recent birth of their two-year-old son, Wyatt, has not brought this intriguing and delightful couple whisking down the matrimonial aisle. Russell has confessed that he has thought about the possibility of marriage, as has Goldie, and they have discussed it. However, they feel they are married and what is a piece of paper? Besides, things are going very smoothly in their relationship. Sometimes people change after the wedding day, and it's very difficult to keep the marriage on that same "blissful high" as the wedding day — so with no big wedding day to compare with, their current situation is all fine on the home front. In addition, each has been previously married and divorced — so they have been there before.

Hawn and Goldie are living in a very unconventional relationship. In fact, actress Michelle Pfeiffer, who once worked with Russell on a film, called him, "The most married man alive." His loyalty is totally to Goldie as it hers to Kurt. Goldie and Kurt are really a true love story, marriage license or not! And we all should be happy for them.

Just for the record, Kurt is 38 and Goldie is 44.

Q. The actress who portrays Sharla on ABC-TV's soap opera, "All My Children," looks very familiar to me. What is her name, and has she been on television before landing this coveted role? D.F., Rary West, Fla.

A. Tarlena Arnold, who portrays Mrs. Valentine's granddaughter on "AMC," formerly was Zena on another ABC soap opera called "Ryan's Hope."

Q. I have followed the career of actress Beverly Garland with delight, from the days as Steve Douglas' wife on "Scarecrow & Mrs. King," as Kate Lockhart on "Hotel," to that she has a daughter who is following in the footsteps of her famous mom? F.W., Plantation, Fla.

A. Yes. Bev's beautiful daughter is Carrington Garland, and you can catch her on NBC-TV's soap opera "Santa Barbara." Carrington has a major role on this soap, becoming the first actress since the show's inception to portray Kelly Capwell.

Coupon Corner
by Rose Lynn

Many of you have written to ask me about the coupon counterfeiting case against Connie Arvidson and others. The situation should be a lesson to all of us; teaching that if an offer sounds too good to be true, it probably is.

The case involves counterfeit manufacturers' coupons for free groceries. Supposedly, an ad had been placed in a refund paper for free food coupons of your choice for only $7.50, but valued at a much higher amount. The place she sent to had all but an unlimited supply of those coupons. Connie was able to use those coupons at the grocery store to get free items and then send in for refunds on those products as well.

The case has been highly publicized in the national press and on television, including the show, "Crime Watch." Her trial will be held some time this month. So far, seven defendants have pleaded guilty to charges. Please remember, when you answer any ad that the buyer should beware.

Refunding and couponing are a great help in most of us, in that we get a few greedy people spoil it for the rest of us. Use common sense, and don't be tempted by an ad that makes promises that are too good to be true.

Here are this week's offers:

COLGATE "SHOPPING SPREE", P.O. Box 1154, Libertyville, IL 60048 (receive a $3 store coupon good at the store you list on the form). Buy three different of the following products: Colgate Toothpaste, any type, 4.3 oz. or larger; Colgate Junior Toothpaste 4.3 oz. or larger; Colgate Plus Toothbrushes; Colgate Wisp or Inspire Brush or Friends Toothbrushes; Colgate Tartar Control Mouthwash 12 oz. or larger, or Colgate Fluorigard Anti-Cavity Fluoride Rinse, any size. Send in the UPC symbols from your three purchases along with your cash register tape with purchase prices circled. On the form, you must fill in the name of the store where you shop. You will also automatically be entered in the Colgate Shopping Sweepstakes. Store form required. Expires 1/31/90.

NUPRIN $2 REFUND, P.O. Box 4648, Baltimore, Md. 21208 (receive $2). Buy one box of Nuprin 24-ct. or larger. Send in the entire carton along with your cash register tape. Offer form required. Expires 2/9/90.

HEFTY PLATES BUY TWO GET ONE FREE, P.O. Box 1210, Ridgely, Md. 21681 (receive a coupon for a free package). Buy two packages of Hefty plates. Send in the two POP symbols and your cash register tape. Store form required. Expires 3/31/90. Limit two refunds per household.

Books
by Ralph Hollenbeck

SOUL OF AMERICA: DOCUMENTING OUR PAST, edited by Robert C. Baron (Fulcrum, Inc., Golden, Colo. 80401; $24.95).

If the more than 130 historic documents from our American birth are reprinted here are any indication, the past truly is mightier than the sword. Washington's triumph at Yorktown would have been meaningless bloodshed had it not been fought for and given legitimacy to the outcome Declaration of Independence from Great Britain.

The documents herein are truly an inspirational catalog of the words that have destined the greatness of the nation, primarily in peace (but in war when necessary), from Colon's log voyages of discovery to Richard Nixon's resignation of his presidency. The Mayflower Compact, Articles of Confederation, Bill of Rights, letters and diaries of movers and shakers (a moving one from escaped slave Frederick Douglass to his former master explaining their brotherhood as humans is heart-warming), and many more comprise a prose tribute to a legacy that should make any American proud.

Top Video Rentals

1. "Batman" starring **Michael Keaton** (Warner) Last Week: No. 1
2. "Ghostbusters" (RCA/Columbia) No. 2
3. "K-9" **James Belushi** (MCA) No. 8
4. "Scrooged" **Bill Murray** (Paramount) No. 3
5. "Three Fugitives" **Nick Nolte** (Touchstone) No. 7
6. "Working Girl" **Melanie Griffith** (CBS/Fox) No. 4
7. "Say Anything" **John Cusak** (CBS/Fox) No. 6
8. "Who Framed Roger Rabbit" **Bob Hoskins** (Touchstone) No. 4
9. "The Mighty Quinn" **Denzel Washington** (CBS/Fox) No. 21
10. "Halls Mad" **Tom Cruise** (MGM/UA) No. 9
11. "Major League" **Tom Berenger** (Paramount) No. 11
12. "Dirty Dancing" **Fred Gwynne** (Paramount) No. 10
13. "Leviathan" **Peter Weller** (MGM/UA) No. 13
14. "Chances Are" **Robert Downey Jr.** (RCA/Columbia) No. 12
15. "Beaches" **Bette Midler** (Touchstone) No. 15
16. "The Dream Team" **Michael Keaton** (MCA) No. 18
17. "The Naked Gun" **Leslie Nielsen** (Paramount) No. 16
18. "Scandal" **William Hurt** (HBE) No. 19
19. "Dead Calm" **Sam Neill** (Warner) No. 14
20. "She's Out Of Control" **Tony Danza** (RCA/Columbia) No. 22

Tots To Teens
by Susan Elizabeth Sloan

Dear Readers: Despite the increase in educational programs concerning Fetal Alcohol Syndrome, more women than ever before are consuming excess amounts of alcohol during pregnancy, and children from those pregnancies have a number of serious problems. Here was just one of the facts from "The Attorney's Textbook of Medicine," produced by New York City-based legal publisher, Matthew Bender & Co.

Here are some facts about alcohol consumption which should help pregnant women who want to have healthy babies.

If a pregnant woman drinks under four ounces of alcohol per day, the risk of fetal abnormalities appears to be negligible. If she drinks on average one to two ounces daily, risk of fetal damage is 16 percent. If she drinks more than two ounces per day, she has a 30 percent chance of causing congenital abnormalities in her baby.

Facial abnormalities are the most distinctive features of FAS, and are often the first indications of alcohol exposure. The nose of the FAS infant is small and has a low bridge. The bridge sometimes is so low, it appears flat. The upper lip is typically narrow and the vertical groove in the middle of the upper lip may be extensive or absent.

Mental retardation and learning disabilities are the most common problems associated with FAS. Long-term studies show intellectual deficits in adolescents and adults, and the effects may continue throughout the lifespan.

Word Play

ICTEROHEMATURIA

— an infectious disease of sheep that is marked by jaundice and caused by a parasitic protozoan which destroys red blood cells.

From the above word, find at least 20 five-or-more-letter words within a three-minute time frame.

POSSIBLE SOLUTIONS

hermit	rotate
train	mature
trace	march
trice	torch
cross	heater
merit	eater
meter	rater
crime	rate
actor	tortors
throat	thrice